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ABSTRACT

This book about mathematics anxiety focuses on many factors in society that bring about fear and avoidance of mathematics, and the influence of these factors on various groups in the population. The book begins with several stories of people who have suffered from or overcome mathematics anxiety, followed by a chapter giving reasons for overcoming it, including many real-life examples where an understanding of mathematics is necessary. The next chapter discusses myths of innate inferiority, including spatial ability, the Scholastic Aptitude Test, timed tests, intelligence tests, and needed research. In chapter 4 gender, race, ethnicity, and class are discussed. The next two chapters discuss mathematics in schools and school math versus real math. Chapter 7 includes strategies for overcoming fear and avoidance of mathematics and how to accommodate unique learning styles. The next chapter discusses how families and parents can help their children be more successful in mathematics. The last chapter is a call for a more humane mathematics that will serve all people. A list of intervention programs, organizations and government agencies, distributors of mathematics books and materials, and a select bibliography are included. (MKR)

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